

# Daily Word



A UNITY PUBLICATION  
MAY 1950

# *Class Thoughts*

**PEACE . . .** Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

**PRAAYER FOR WORLD LEADERS:** Through the Christ mind you are unified in thought, purpose, and understanding for the good of all humanity.

**APRIL 20 to MAY 19**

**ILLUMINATION** (11 a.m.): I am a channel of divine inspiration. It flows through my mind as wisdom and guidance.



**PROSPERITY** (12 noon): God's bounty, like a living stream, floods my affairs with His supply and success.



**HEALING** (9 p. m.): God's river of healing flows through me, and I am renewed, refreshed, and restored.

**MAY 20 to JUNE 19**

**ILLUMINATION** (11 a.m.): I am a spiritual being. My mind is open to the wisdom of Spirit, and I walk always of peace.



**PROSPERITY** (12 noon): I am a spiritual being claiming my spiritual inheritance. The riches of the kingdom are mine.



**HEALING** (9 p. m.): I am a spiritual being flooded with spiritual life, radiating spiritual wholeness.

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# DAILY WORD

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## DAILY LESSONS FOR MAY

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## *There Are No Incurable Diseases*

### SILENT UNITY

*And Jesus said unto him, If thou canst!  
All things are possible to him that believeth.  
Straightway the father of the child cried out,  
and said, I believe; help thou mine unbelief.*

EVERY DAY Silent Unity receives letters that urgently ask for help in prayer. Sometimes the writer of the letter says: "The doctors have done all that they know how to do. Can you help us?" Sometimes those who ask our help know nothing of Unity, but they have been told that others have been helped through prayer, and they are willing to try anything.

We cannot say that every such case has been cured through the power of prayer, but there have been enough miraculous restorations to health, where before there was no hope, to make us know that prayer is a power, that healing is possible, that the failure lies with man, not with God when healing does not take place.

What do we say to the person who tells us

that the doctor has given him six months to live? How do we pray for him? Of course humanly we are moved by compassion for this person who is greatly in need of help, but as concerns what we tell him, it is not very different from what we tell anyone else who comes to us with a healing need large or small.

While we know that there is still much to be understood as to how the healing power of God works, as to how prayer works, this much we know now: There is a force generated by prayer that is healing in its effect, and it operates, when we are faithful to our part. The results of prayer are often beyond human expectation.

So the person with a so-called incurable disease is told this: The life of God is in you. The life of God is greater than any appearance of disease, it is greater than any condition, no matter how frightening or formidable its appearance. When we pray with you we are beholding you filled with the life of God, and we are asking you to take time every day to become still—as still as you possibly can become—and think about yourself, not as a suffering human being but as a spiritual being created in God's image and filled with His unfailing life. Say to the very cells of your body: "You are filled with life. The life of God in you is greater than any disease."

It is moving and inspiring to read the letters that come to us from people who perhaps never before had thought in spiritual terms about themselves, who never before had believed that prayer is a living power. The new spirit that they have found in themselves does a transforming work not only upon their body but upon their whole life as well, and the people around them sense a new power in them now.

Silent Unity prays always for a complete and perfect healing for everyone who comes to us for help. Nevertheless even where this complete healing is not accomplished we almost always have reports of the good that prayer has accomplished.

Silent Unity as a group does not take credit for the healing work done through us; we know that God is the healer. We know too that without the faith and prayers of so many others joined with us continually our power to help would not be as great.

We are following Jesus Christ, who healed "all manner of disease and all manner of sickness." We have the assurance of His words and His work that God's will for man is health and wholeness, that sickness is not good for man, that there is no virtue in suffering, that man need not wait until some future life to enjoy life, to be whole and well.

In the Gospel of Matthew we read:

"And Jesus went about all the cities and the villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of disease and all manner of sickness. But when he saw the multitudes, he was moved with compassion for them, because they were distressed and scattered, as sheep not having a shepherd. Then saith he unto his disciples, The harvest indeed is plenteous, but the laborers are few. Pray ye therefore the Lord of the harvest, that he send forth laborers into his harvest."

We believe that Silent Unity is one of the answers to this prayer of Jesus and His disciples, and we believe that Christ is the head of this work, that His healing presence is in our midst. He said also, "Where two or three are gathered together in my name, there am I in the midst of them."

If you know of someone in need of healing will you not join Silent Unity in knowing the Truth for him? Will you not begin to think of him as a spiritual being having the life of God in the very cells of his body, and cease to think of him with sorrow and despair?

Like Jesus, we feel compassion for the multitudes who need help, but we follow Jesus in transforming compassion into prayer and faith. You

can do this too. Your faith is needed, your prayers are needed, your understanding of the truth about life and God and man is needed.

More than you know you can bless and heal those who enter your thoughts, those whose needs touch your heart. We are with you in faith and prayer, we see you strong in Truth, we see you growing in your understanding. And we stand ready to pray with you, to add our prayers to yours at any time in behalf of yourself or any other person.

Jesus said, "He that believeth on me, the works that I do shall he do also; and greater *works* than these shall he do." In a sense when He called His disciples and gave them authority to heal all manner of disease and all manner of sickness He called each one of us. Humanly we may feel that there is little we can do in the way of healing ourself or another, but spiritually we have been given power, and the power lies in prayer, in understanding, in faith.

There are no incurable diseases, there is healing power in prayer, there is the life of God present everywhere, in everyone. This is what we believe in Silent Unity, this is what we ask you to believe, for in believing it you strengthen the healing power of prayer, you bless yourself, you bless those you would help and heal.

## *Inner Deep*

HELEN REID CHASE

The ebb and flow of life in me  
Beats on the shore  
Of consciousness, where tides  
pound ceaselessly  
With thunderous roar.

How quiet then the inner deeps  
of soul,  
Where strivings cease  
And self submerges in the  
greater whole,  
Safe and at peace.

## *My Heart Shall Not Fear*

CLEDA REYNER

No one likes to admit that he is jealous, yet almost everybody knows from personal experience what jealousy is, the pain and unhappiness that stem from it, the devastating effects of it; and those who suffer from it want very much to be cured of it.

If statistics on this subject could be assembled they would quite possibly show that jealousy is one of the greatest menaces to happy human relations, especially the relations between men and women.

If we can come to understand jealousy we shall be in a better position to overcome it ourselves and to help another person overcome it. When we know the cause we are able to work more intelligently to overcome it. Jealousy has been called the "green-eyed monster," and the disagreeable and destructive results of its activity are often enumerated. But just to know that jealousy is destructive and harmful does not reassure us. It rather adds fears to the fears we already have and makes us more unhappy than before.

Though the reasons for jealousy may vary somewhat, it is generally conceded that its basic cause is fear. Most people feel that it is the fear of losing someone they love that makes them jealous, but a closer analysis will reveal that it is fear of other things as well—fear of being unwanted, of being unworthy, of being unattractive, of being alone, of being unequal to others, of being in fact unloved. To be loved is one of life's most fundamental needs and desires. To be loved gives us the assurance that we are a welcome and intimate part of life. Love has a magic way of setting us free from our feelings of apartness, of inferiority, and of making us feel included in the great heart of things.

It is wonderful, the assurance and the satisfaction that the love of another person gives us. However if we depend solely upon the love of some other person for this assurance and satisfaction, every fancied or actual threat to our possession of his love will fill us with fear and jealousy.

While we do not have the power to make another person love us devotedly and exclusively, or to obtain any kind of guarantee against fluctuating loyalties, we do have the power to build up a spirit within us that stands fearless and confident before life and anything it may bring us. While the love of another person cannot be commanded

or owned, we can have command of our own spirit.

The fact that we cannot always retain the love and loyalty of another person need not make us feel desolate. The spirit within us is more than able to help us face facts and circumstances and to meet change courageously. As we rely on this spirit within us we find peace of mind, and we find too that new interests and new happiness are opened to us, that we attract to ourselves a very satisfying number of good things. It is the knowledge that we have this spirit within us that makes us confident, happy people. We have within us all the requisites for gracious, triumphant living, but we have not begun to use the powers and abilities that God has given us.

If we have knowledge of this spirit within us and faith in it, we are fortified for whatever takes place in our life. Without this knowledge and faith some circumstances are sure to be accompanied by deep humiliation and hurt pride, but with it we find ourselves endowed with a dignity and a power as great as the occasion demands. One person declared, "I can't bear to be the laughingstock of our town if he chooses her instead of me." But she was inspired to believe in herself and her own resources, and when he did choose the other person instead of her she met the

situation with a graciousness and a strength that invited admiration instead of laughter.

For someone to be given precedence over us does not contain the derogatory implication that we are prone to think that it does. Hearts follow a law of their own, a law of mutual attraction, in forming their alliances, and wherever there is not a mutual response some element of mutual happiness is lacking. What seems to be a failure then on the part of one is really a signpost pointing some other way to happiness. The person concerned is wise if he accepts without bitterness or fear its direction.

There are of course many cases where more than pride and personal love is involved. Sometimes a family may be threatened by the alienation of a member's affection. But even then defenses are not lacking. Human love may change and human fidelity may falter, but the love of God does not. The spirit within us knows this, and if we will quiet the fear within us it will persuade us that "neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor power, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God." The heart that is thus persuaded that it cannot be separated from the infinite source of good can with serenity obey one of love's great

rules, that we hold our loved ones with open hands. Those who find in our heart and our presence what their own heart rejoices to find will feel no desire to leave us. But if in the house of our heart there is not what another has need of, we should want him to feel free to find his own, and we can release him knowing that our incompatibility is no cause for fear or humiliation. There is good for him and good for us, and each of us must be on our way toward finding it.

These things which we learn concerning ourselves are equally true of others. In the countless ways that an understanding heart has at its command we can help other persons. What we delight in feeling and knowing about our own worth or value, they delight in feeling and knowing about theirs. Many persons have been set free from their possessive ways because someone has not only made them feel that they were beloved but that they were equal to whatever circumstance life might bring to them.

A fearless heart is the cure for jealousy, and a fearless heart is the result of knowing that we are not alone; that we are God's children, far more wonderful than we know, with much more to give than we have dreamed of; that come what may, nothing can separate us from the love of God.

M A Y 1

## Monday

I AM QUICKENED WITH NEW LIFE BY THE POWER OF SPIRIT WITHIN.

No MATTER what you have experienced in the past in the way of ill-health, no matter how much you have felt bound by circumstances, no matter how dependent you have let yourself become on persons and things, when you realize the quickening power of Spirit within you, you will enter into a new life.

The way to realize the quickening power of Spirit within you is to think about it, to think about yourself in the light of your true nature. Where you have thought of yourself as subject to ill-health or disease, think of yourself as being created in the image and likeness of God. Know that the life of God is present in every nerve and cell of your body.

Instead of turning first to some person or thing when you feel the need of help, turn to God in prayer, open your consciousness to His renewing power. Strength will flow through you, light will break upon your mind, and you will be renewed, mind, soul, and body.

\* *Do not cease to pray and . . . be . . . strengthened with all power.—COL. 1:9, 11.*

## Tuesday

M A Y 2

NO MATTER WHERE I AM, NO MATTER WHERE I GO, NO MATTER WHAT I DO, I KEEP AWARE OF THE PRESENCE OF GOD WITHIN AND ABOUT ME.

THE ONE sure way we can be guided aright at all times and in all situations is to keep our attention upon the presence of God within and all about us. Outward appearances may be most disturbing and confused, but if we think of the presence within and relax in Him, the negative conditions will begin to adjust themselves no matter how dark and tangled they may be. Rather than resisting difficult conditions or attempting to change them by will power and mental effort, we need to keep our mind quietly resting in the thought of God's powerful, all-infolding presence, expecting Him to respond with His love.

As we thus keep our mind centered and poised in Him He inspires us with divine wisdom and guides us so that we become able to work out a perfect solution to every problem, a solution that will bless everyone concerned.

• *None of them that trust in him shall be desolate.*  
—PSALMS 34:22 (A. V.).

## Wednesday

I HAVE FAITH IN THE UNFAILING LOVE OF GOD TO PROTECT AND PROVIDE FOR EVERY ONE OF HIS CHILDREN.

I RELEASE myself from all anxiety about those I love. I center my faith in the protecting presence that is within them, about them, above them, beneath them. I remember that the guiding Spirit indwelling in them will care for them through every experience.

I think of those I love as belonging to God. I realize that God's Spirit is within them and know that even though they may seem as yet unschooled in the ways of life, their inner parent—God—is helping them in every way in which they need help.

I cannot know the soul needs of those I love; so I do not dictate, coerce, or plan for them. My help lies in giving them love, in trying to understand, in knowing that God's purpose is being fulfilled in those I love.

I do not try to do for those I love what they should do for themselves. I remember that the best thing I can do for them is to help them help themselves.

\* Casting all your anxiety upon him.—I PET. 5:7.

# *Thursday*

M A Y 4

I DO MY WORK IN A SPIRIT OF LOVE AND JOY,  
DEDICATING MY EFFORTS TO GOD.

**I**F YOU are unhappy in your work because it seems dull or monotonous or because surroundings or associates seem unpleasant there is a way to bring about an almost immediate change. It is to say to yourself firmly and decisively: "I will change my attitude toward my work and my fellow workers. I will think of it and of them as right and good."

At first this statement may seem to imply a ridiculous disregard of facts, but if you persist in saying it you will see it as an affirmation of Truth. Unhappiness always comes from within, never from without, and change also must come from within.

Think of your work as an opportunity, as a preparation for something better. Think of your associates as friends and bless them. Know that the same Spirit within is leading you and them onward and upward. As you change your attitude your work will become pleasanter and inharmonies will disappear. Try it.

• *Thou hast blessed the work of his hands, and his substance is increased in the land.—JOB 1:10.*

M A Y 5

## *Friday*

GOD CREATED ME TO BE HEALTHY AND HAPPY.

THE TRUE day of resurrection in any person's life is the day when he awakens to the realization that he is actually the ruler of his own being—his body, his mind, his heart. From that day forward he knows that he is not at the mercy of persons or circumstances or even of his own emotional habits. He knows that he has the authority and the ability to change his thought and feeling and to meet life in a vital, positive, happy way.

Until a person learns that he has this authority and ability he is apt to believe that ill-health and unhappiness are inevitable conditions of life. But the truth is that God created man to be healthy and happy, and He has given him the power to maintain himself in these conditions.

When we accept health and happiness as our natural condition we release ourselves from those uncertain, insecure states of mind and heart that have kept us from enjoying life to the full.

\* *Put on the new man, that is being renewed unto knowledge after the image of him that created him.*  
—COL. 3:10.

# Saturday

M A Y 6

FAITH IN GOD IS THE ANSWER TO MY EVERY NEED.

**L**ET NOT your heart be troubled, for whatever you need, faith in God can bring you the perfect answer. Quiet every worried or fearful thought, and turn your attention to God.

Limitless faith will bring you limitless rewards, but if at first your faith is small do not despair. Even a little faith will move mountains! If you have faith enough to turn toward God, you have faith enough to see yourself through any time of need.

Is health your problem? Know and believe that with God any disease can be cured, any condition overcome. It has been done over and over!

Are your personal relations in turmoil? Have faith in God's love to bring about harmony. See the Christ in every man and woman. As you look for the true self in every person you will find it.

Do you need more money? God is your supply, and He has an unbelievable abundance of good. Use what you have with faith, love, and wisdom, and believe that your every need will be met.

◆ *Jesus . . . saith unto them, Have faith in God.*—MARK 11:22.

## Sunday

ALL THINGS ARE WORKING TOGETHER FOR MY GOOD, AND I AM WORKING WITH THEM IN THE WISDOM AND POWER OF SPIRIT.

“**T**HE CHRIST mind is the overcoming mind,” writes Charles Fillmore. “Regardless of outer circumstances, a real Christian has an inner conviction that all things are working together for good to them that love the Lord. . . . No one ever went down to defeat who in his hour of need declared the almightyess of God through Christ. . . .

“It is no easy matter to appear helpful and happy in the face of adverse conditions, and no one can in fact do it without the aid of a power superior to personality. It is here that Christians who know the truth of man’s real spiritual being have the advantage over those who trust in the arm of flesh alone.”

Do not hesitate in the face of some adverse situation in your life to declare the almightyess of God through Christ. As you continue in all faith to declare that all things are working together for your good, victory will be yours.

\* *Thou shalt make thy prayer unto him, and he will bear thee.—JOB 22:27.*

# *Monday*

M A Y 8

GOD IS GUIDING ME THIS DAY, AND I KNOW WHAT TO DO IN EVERY SITUATION.

**A**LL THROUGH this day I will remember this affirmation and use it to meet every situation that may arise.

If I am confronted with the need of making a decision I will say to myself, "God is guiding me, and I know what to do." My attitude of trust and confidence will open the way for the right decision to be made through me.

If I am called upon to do something unfamiliar, such as make a talk, I will affirm that God is guiding me and I know what to do and say in every situation.

If I am faced with a problem of any kind in connection with my work or the affairs of my home, I will know that God is guiding me, revealing to me the right solution to every problem.

If I am faced with the need for quick thinking and action I put myself instantly in accord with God's wisdom and intelligence by affirming my oneness with Him. Then I act confidently on the guidance and inspiration that come to me.

• *I will instruct thee and teach thee in the way which thou shalt go.*—PSALMS 32:8.

M A Y 9

## Tuesday

### I PUT MY WHOLE TRUST IN GOD.

I TRUST God in all things, not in just a few. I trust Him to give me an abundance of every good thing—health, strength, material good, money, joy, faith, opportunity for service. I trust Him to walk with me across the street, to fly with me to faraway lands. I trust Him to bring me my perfect work, and I will fulfill that trust by doing the work to the very best of my ability, with joy and with love.

I put my life wholly in God's care. Mind, soul, and body I dedicate to Him.

I no longer strive for effect, for human recognition, or for material possessions beyond my actual need. I think only of doing what I am led to do by God's guidance.

When I place my whole trust in God without reservation or hesitation, I am free from any false burden of pride. I am free to use mind, soul, and body in His service, and I measure my reward in spiritual terms.

I put my whole trust in God.

\* *By their fruits ye shall know them. Do men gather grapes of thorns, or figs of thistles? Even so every good tree bringeth forth good fruit.—MATT. 7:16, 17.*

# Wednesday

MAY 10

I ENTER THE QUIET PLACE WITHIN MY BEING  
AND FIND REST AND PEACE AND RENEWAL.

**C**OME UNTO ME," said Jesus, "and I will give you rest." When cares are heavy and problems are great you can turn to the Christ and find relief and rest. You can turn to the Christ dwelling within your own soul, the presence of power and peace with which the Father has blessed you.

You can go to your secret chamber at any time. Even when the confusion of the world is all about you, even when the clouds seem darkest, you can relax in the peace of Christ. You can find renewal and strength.

Let go of the problems, the cares, the worries that trouble your mind and heart. Leave them outside the door as you enter the quiet place within, where the Christ abides. Say to your mind: "Be still. Be still. I accept the blessing of my Christ. I know now that all is well." Do not be afraid of anything. The power of eternal Spirit is with you.

¶ *Come unto me, all ye that labor and are heavy laden, and I will give you rest . . . For my yoke is easy, and my burden is light.—MATT. 11:28, 30.*

M A Y 11

## Thursday

GOD'S LAW OF JUSTICE IS EVER OPERATIVE IN MY LIFE, AND MY GOOD CANNOT BE KEPT FROM ME.

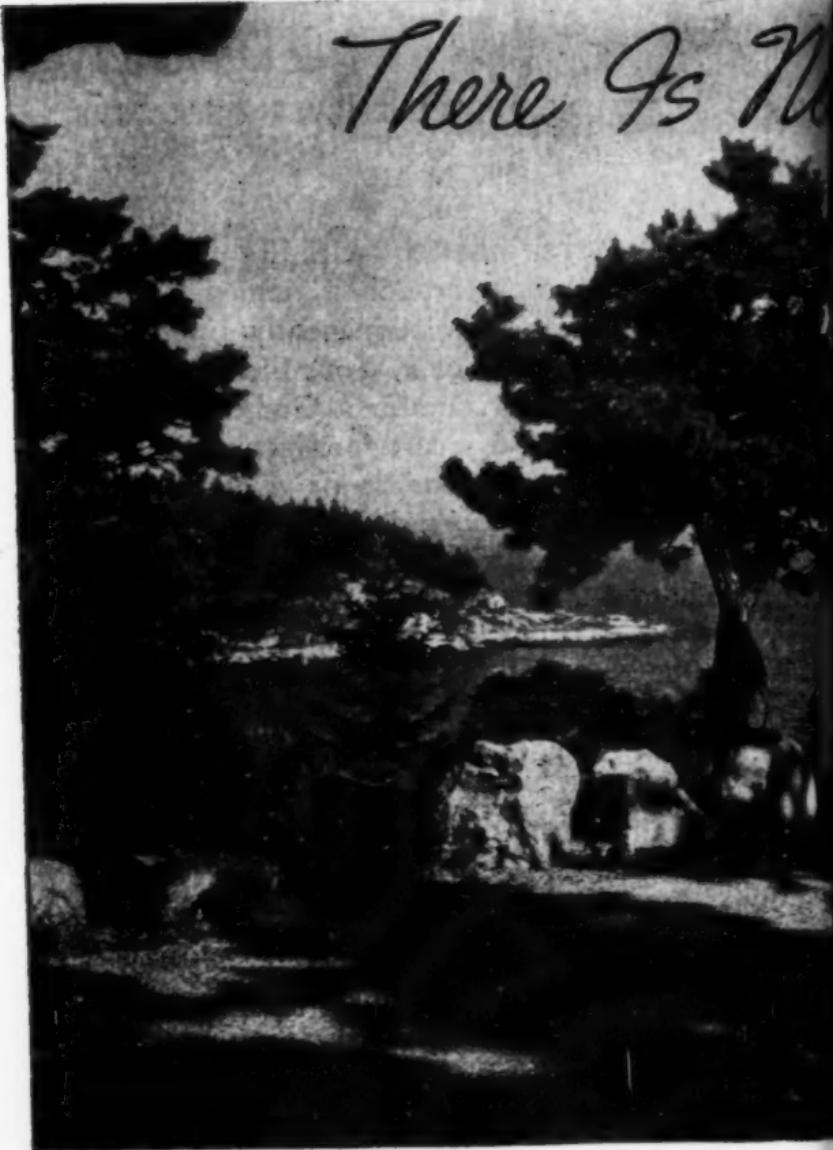
**N**O MATTER what obstacles life presents as you journey through it, remember that you cannot be permanently limited in your good or deprived of it. Your life is not controlled by persons or conditions. God created you capable of building a secure, productive life. No matter what other persons do or what obstacles you have to hurdle, no person or condition can bar you from your good.

Life has meaning and purpose and is carried forward by infallible and dependable laws. One of these laws is the law of justice. It is not operative in a general sense, in a cosmic sense only. It is operative in a personal sense. It is operative in your personal life.

Have faith in this law. Depend upon it to harmonize and equalize the relations and conditions of your life. Operate in accord with it by directing your thought and energy toward constructive and helpful accomplishments. This attitude will not fail to secure you in your good.

\* *The law of Jehovah is perfect.—PSALMS 19:7.*

*There Is No*



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# Night

CATHERINE E. BERRY

There is no night so long but soon the morning  
Breaks through with golden light and each new  
day  
Gives promise of new hopes and new dreams  
dawning  
To lead our footsteps in a better way.

There is no lane so long it has no turning,  
Green pastures are beyond the highest hill;  
There is no burden given us to carry  
Too heavy if we have the strength of will.

Be stout of heart and keep your courage flying,  
Keep faith a guiding star to light your way;  
There is no night, no lane, but you can conquer  
With trust in God and in yourself each day.

SPIRIT IS SILENTLY AT WORK BRINGING ME  
GOOD FROM THE FATHER'S UNFAILING  
SUPPLY.

**I**F YOU have prayed earnestly and with much faith yet see no visible evidence of the good for which you long, do not be discouraged. Know that the forces of Spirit work steadily and unhurriedly to supply good from God's abundance. Your good is already on its way to being manifested in your life and affairs.

The Father of love and life gives you every good thing. All His bounty is yours. Turn to Him now, saying: "Father, I gratefully accept my good from Thee. I trust Thee to take care of me and all Thy children always."

In strange and wonderful ways good will come into manifestation for you. You cannot see into tomorrow, but have faith today, for God will open the windows of heaven and pour out blessings upon you. His gifts of peace and plenty are yours for the claiming.

¶ *Prove me now herewith, saith Jehovah of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.—MAL. 3:10.*

M A Y 13

## Saturday

DIVINE ORDER AND HARMONY ARE NOW ESTABLISHED IN MY MIND, BODY, AND AFFAIRS THROUGH THE POWER OF THE INDWELLING CHRIST.

I AFFIRM divine order today, and I act upon this affirmation. Order is established through me. A cluttered desk drawer needs the blessing of divine order, and it needs the actual sorting out and straightening that establishes order as a fact. This holds true of anything for which we declare divine order.

If your affairs seem to be in a state of confusion, declare divine order and then willingly and promptly follow through on what you can see to do to bring about the order you desire.

When you do your part circumstances and persons seem to come to your aid and you find that order is quickly established.

All things are possible with God, but He needs a channel through which to work. You are that channel.

Divine order and harmony are now established in your mind, body, and affairs.

\* Be ye doers of the word, and not bearers only.  
—JAMES 1:22.

# Sunday

M A Y 14

THE CHRIST IS LIFTED UP IN ME THIS DAY.

SOMETIMES we may long to help someone find the light of Truth; we may try in every way we can to get him to change his thoughts and ways. But more often than not our efforts to lift another person up are unsuccessful.

We help another person most by being the very best self that it is possible for us to be, by living the Truth that we know, by keeping our heart and mind lifted up and our attitude positive and constructive.

Someone has said that "truth is caught not taught." We cannot possibly know how many persons we help and inspire and encourage just by our unconscious expression of a spirit of faith and confidence.

Bless the one you would help, see him as God's child, and give thanks that the Spirit of God is with him, his unfailing help and guide. But let him have freedom to find God and Truth in his own way, even as you have come into the light in ways that are known only to you and your indwelling Lord.

*\* And I, if I be lifted up . . . will draw all men unto myself.—JOHN 12:32.*

*Monday*

O LOVING FATHER, LET THERE BE PEACE IN MY WORLD, AND LET IT BEGIN WITH ME.

**J**ESUS SAID, "Blessed are the peacemakers: for they shall be called sons of God." We can become peacemakers in our home; we can help to harmonize human relations.

The first step in establishing peaceful relations with our fellow men is to bless them with our loving thoughts and to free them to develop according to the light of their own understanding.

"Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee*." Through prayer we can keep our mind stayed on God.

By remaining calm, poised, gentle of heart, and unfailingly kind we bring a spirit of harmony to every situation with which we may be confronted.

The prayer of our heart "O loving Father, let there be peace in my world, and let it begin with me," is established as we open our heart to divine love and express this love in all our human relations.

• *Blessed are the pure in heart: for they shall see God.*

*Blessed are the peacemakers: for they shall be called sons of God.*—MATT. 5:8, 9.

# Tuesday

M A Y 16

## IN EVERYTHING I GIVE THANKS.

I GIVE thanks that this is a new day. I will fill it with love, joy, and service.

I give thanks for the infinite wisdom that is guiding and directing me in all that I think, do, and say. I seek the spirit of wisdom within, and my path is made clear.

I give thanks for the understanding that I have of spiritual truths. I faithfully practice what I know, and my understanding grows and increases.

I give thanks for my radiant health, strength, and vitality. I manifest life abundant.

I give thanks for the prosperity that streams toward me from every direction. The riches of the universe are mine.

I give thanks for the beauty that I see on every hand.

I give thanks for my daily work. I infold each task with thoughts of love, order, perfection.

I give thanks that I am a channel of blessing. I am a radiating center of divine love; I pour out joy, peace, and happiness on everyone in my world.

• *In everything give thanks.—I THESS. 5:18.*

M A Y 17

## Wednesday

EACH MOMENT OF THIS DAY I KEEP MY HAND  
IN GOD'S HAND AND TRUST IN HIM.

I PLACE this day in God's loving care. I realize that His wisdom even now goes before me, preparing the way and making the crooked places straight. I trust Him to guide me in my relations with other persons and in the efficient handling of my duties. If I have some new or trying experience to meet I have no fear, for I know that God in me is my strength and ability to succeed in all things.

I will pause many times during the day to remind myself that God is still at the helm. When work piles high and outside pressure increases I frequently cease all activity long enough to whisper, "I trust Thee, God."

In all things I quietly turn within and trust. When decisions need to be made I trust in God for guidance. When things seem to go wrong I relax and trust.

I place all things in God's care and trust in the power of His adjusting love.

*In God have I put my trust, I will not be afraid.  
What can man do unto me?*

—PSALMS 56:11.

# *Thursday*

M A Y 18

I AM SO FILLED WITH GOD'S LOVE THAT IT RADIATES FROM ME, BLESSING ALL IT TOUCHES.

**T**O DAY I BLESS everyone in my life by giving expression to the love of God that is within my heart, mind, and soul.

God's love gives me patience with a stubborn child. God's love gives me the right word of encouragement for a tired man or woman filled with discouragement. God's love gives me words of inspiration for one who is seeking a new and better life, who is—perhaps unconsciously—seeking God. God's love shows me how to help in little ordinary ways, how to minister with loving-kindness to the needs of the people in my world.

God's love wipes away discouragement, erases resentment, fear, or anger. These emotions simply melt away when I let God's love flow in and through me.

I do not carry any feeling of criticism or condemnation in my heart. I forgive and forget.

I am so filled with God's love that it radiates from me in a widening circle, blessing all it touches, and I in turn am blessed.

• *Love worketh no ill to his neighbor.—ROM. 13:10.*

MAY 19

## Friday

### I FIND GOD THROUGH THE CHRIST WITHIN MYSELF.

**A**RE YOU earnestly seeking the peace and joy of God's presence? There is one place and only one where you can find God, though He is everywhere. That place is within yourself, within your heart and mind and soul. That is where He is for you. That is where you touch Him and speak to Him. That is where He answers you.

Become consciously aware that God is with you now. Seek Him no more in far places or in altered conditions. Everywhere are manifestations of His presence, but for you He is closer than breathing. He is where you are always and forever. When you know Him within yourself you behold Him everywhere, and the consciousness of His presence is ever with you.

Sit quietly and say in the silence of your thought: "God is with me right now. I am no longer worried or concerned about anything. Spirit within me is love and power. It is all mine. I feel His presence with me. I am filled with love and gratitude."

• *The secrets of his heart are made manifest . . . God is among you indeed.—I COR. 14:25.*

# Saturday

M A Y 20

I AM A SPIRITUAL BEING. MY MIND IS OPEN TO THE WISDOM OF SPIRIT, AND I WALK IN WAYS OF PEACE.—UNITY ILLUMINATION THOUGHT.

FATHER, this moment I realize anew that although I inhabit a body of flesh and live in a material world, my real self is spiritual, and I dwell eternally in the real world of Spirit. I rejoice in my oneness with Thee and with all Thy children everywhere, infolded in Thy love and directed by Thy divine wisdom.

My mind is open and receptive to the wisdom that is unfailing, that flows into my mind from Thy mind, the source of all wisdom and understanding. I accept Thy guidance and direction, for I know that it points out to me the one right way to proceed. I seek to become ever more receptive to Thy wisdom, that it may be expressed in and through me in all its purity, free from any false thought of mine.

Father, I am illumined by Thee, filled with Thy wisdom. I walk joyously in ways of peace according to Thy will of love and goodness.

• *The wisdom that is from above is first pure . . . and the fruit of righteousness is sown in peace.—JAMES 3:17, 18.*

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MAY 21

## Sunday

I AM A SPIRITUAL BEING CLAIMING MY SPIRITUAL INHERITANCE. THE RICHES OF THE KINGDOM ARE MINE.—UNITY PROSPERITY THOUGHT.

FATHER, I now accept Thy divine riches which are my spiritual inheritance from Thee. I am a spiritual being, child of Thy spirit. I dwell in Thy divine household, nurtured and sustained by the infinite bounty that is mine as the gift of Thy gracious Spirit.

Father, I rejoice in the new understanding of abundance that is mine. I now see that all substance is divine. I behold Thy substance all about me in infinite measure. I rejoice in my sonship to Thee, and I am now ready to receive all that is in Thy divine store for me.

I know Thee now as the source of all wealth. I realize that my acceptance of my spiritual inheritance from Thee is in accord with Thy divine will that I be abundantly prospered. I joyously claim my inheritance and begin now to enjoy the riches of Thy kingdom.

*Blessed be God,  
Who hath not turned away my prayer,  
Nor his lovingkindness from me.*

—PSALMS 66:20.

# Monday

MAY 22

I AM A SPIRITUAL BEING FLOODED WITH SPIRITUAL LIFE, RADIATING SPIRITUAL WHOLENESS.—UNITY HEALING THOUGHT.

FATHER, I rejoice in perfect wholeness of body, mind, and spirit, for Thy life is now come into full expression in and through me. I am a spiritual being, made in Thine image and after Thy likeness.

My understanding of my perfect wholeness in Thee is increased. I decree: "I am whole, perfect, powerful, loving, happy, harmonious. I am strong in the Lord, and in the power of His might." The words that I speak are words of living Truth, and they at once begin to fulfill their appointed mission of making my spiritual perfection manifest.

Thy perfect life floods my being with dynamic energy, cleansing me, purifying me, upbuilding me, making me whole and well. My healing springs forth speedily as I accept it from Thee.

Thy perfect life surges and pulses through me, and I radiate spiritual wholeness.

*Ye are gods,  
And all of you sons of the Most High.*

—PSALMS 82:6.

## Tuesday

THE PEACE AND SERENITY OF GOD ARE NOW ESTABLISHED IN ME, AND I AM POISED AND CALM AT ALL TIMES.

WE CAN meet every situation in life with poise and calmness when we take time to acknowledge God as the source of our inner peace and serenity. God is the controlling power in our life, and as we turn to Him for help we find within us the peace and serenity we need to remain undisturbed regardless of what we are called upon to meet.

To be poised and calm at all times we need to be in complete charge of our thoughts and emotions. When we realize the presence of God's peace and serenity within us we do not let the actions of another person disturb or affect us, nor do we let circumstances cause us to become agitated or upset. Through prayer we keep a calm and poised state of mind at all times.

The important thing to remember is that peace comes from within our own heart, and in the quietness of prayer all anxious and disturbing thoughts can be replaced by thoughts of peace and serenity.

\* *Thou wilt keep him in perfect peace, whose mind is stayed on thee.—Isa. 26:3.*

# *Wednesday*

M A Y 24

THE LOVE OF GOD FILLS MY HOME, AND ALL WHO ENTER IT FEEL THE PEACE, UNDERSTANDING, AND LOVE THAT PREVAIL.

**I**F WE will take time at the beginning of each day to acknowledge and give thanks for the love of God that dwells within us and within our home, we shall be able to express more understanding and love toward our dear ones and all other persons.

When we speak to another person we can create a feeling of harmony and happiness if we will remember to speak words that encourage and hearten.

Even though we may not always agree with everyone, we need not let differences of opinion create friction between us and other persons. There is always a way for understanding to be established; it is always possible for us to promote peace in our human relations. As we keep our mind and our heart filled with the love of God, we shall be blessed, and we shall be a blessing.

Let us affirm: "The love of God fills my home, and all who enter it feel the peace, understanding, and love that prevail."

◆ *Peace be within thy walls.*—PSALMS 122:7.

# Thursday

THROUGH THE POWER OF SPIRIT I AM FREE FROM EVERY FORM OF NEGATION AND FROM THE FEAR OF NEGATION AS WELL.

If we would be completely free from any sense of bondage to adverse things we must first free ourselves from the fear of them. Fear stands as a barrier between us and our good, but with each overcoming our faith is strengthened and we become increasingly aware of God's presence within and around us at all times.

In ridding ourselves of fear we must fill our mind with a realization of God's power and of His love for us, His children. Enumerating the ways in which He has hitherto delivered us from adversity is most helpful. It is not His will that we be fearful or that we be subjected to negation in any form. His will is that we live happily and confidently.

We make our contact with the Father's protecting presence by turning trustingly to Him. The law of good is set in motion for us at that moment, and we know ourselves to be surrounded and protected by God's love now and forever.

\* *Jehovah is in the midst of thee; thou shalt not fear evil any more.—ZEPH. 3:15.*

# *Friday*

M A Y 26

I GROW DAILY IN UNDERSTANDING AS I LEARN TO RELY MORE AND MORE ON THE FATHER.

**I**F I AM lonely or distressed or perplexed by problems I begin now to take heart and rejoice. There is relief for me. I can rise to a state of spiritual understanding, where life is good and where happiness and peace are constantly mine. God is calling me toward that state and is ready to lift me into it.

I begin now to practice true prayer. I begin to deny authority to any negation and to affirm the presence of good in my life. I do it no matter what the appearances may be. I follow the victorious way of Jesus Christ. Like Him, I lift up my heart and say: "Father, I thank thee that thou hearest me. And I knew that thou hearest me always."

No matter what my apparent trouble may be, I follow Jesus' way by lifting my eyes from it and beholding good instead. I thank God for health and harmony and plenty and happiness now.

• *All things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them.—MARK 11:24.*

*Saturday*

I AM THE RADIANT, ALL-WISE, ALL-LOVING, ALL-CONQUERING SON OF GOD. I RULE SUPREME IN ALL THE AFFAIRS OF MIND AND BODY. INFINITE WISDOM GUIDES ME, DIVINE LOVE PROSPERS ME, AND I AM SUCCESSFUL IN ALL THAT I UNDERTAKE.

**S**ILENT UNITY often sends this affirmation to those who have met with discouragement in finding employment.

If your need is for employment repeat this affirmation over and over. It will lift you out of doubt, worry, and fear, and fill you with a new realization of your purpose and power as a spiritual being.

There are no obstacles too great for God, and when you realize His presence and power in you there are no obstacles too great to overcome. God in you makes you divinely successful.

Your confident spirit, your strong faith in God will lead you into paths of success and accomplishment. You will find opportunities opening to you to use your talents and abilities, and you will be justly compensated in return.

\* *Then thou shalt make thy way prosperous, and then thou shalt have good success. Have not I commanded thee? Be strong and of good courage.—JOSH. 1:8, 9.*

# Sunday

M A Y 28

I TRUST THE SPIRIT OF GOD IN ME TO GUIDE  
ME IN PATHS OF RIGHTEOUSNESS.

**Y**OU DO NOT have to depend upon your own judgment in choosing the path of righteousness. Although Jesus said that men must walk the straight and narrow way, you of yourself cannot always discern what is straight and what is narrow. Your salvation from all limitation and materiality comes as you keep close in heart and mind to the spirit within.

As you keep your vision steadfastly on God's presence within you, His loving wisdom will guide your feet. Though you may not know the way to go, as long as you believe that He knows the way ideas will flow into your mind from Him, and your way will be made plain before you.

So if you are faced with bewildering situations, if you feel overcome by darkness, do not become panicky and attempt to reason out what to do from a human standpoint. Quiet yourself and turn within to the loving presence of God. He will guide you.

*Mine eyes are ever toward Jehovah;  
For he will pluck my feet out of the net.*

—PSALMS 25:15.

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MAY 29

## Monday

MY SPIRITUAL UNDERSTANDING INCREASES EACH DAY AS I PUT INTO PRACTICE THE TRUTH PRINCIPLES I ALREADY KNOW.

**M**ANY PERSONS make such strenuous efforts to grow in spiritual understanding that the result is struggle and tension. Instead of finding the peace that should come to them from the study of Truth they arrive at a state of confusion. They have not yet realized that spiritual development is a natural, progressive thing, and that faithful use of the understanding we already have moves us steadily forward.

The admonition to let go and let God is of great value to one who drives himself in an effort to learn more of Truth, for it is a reminder that we need not force ourselves to grow. In fact forcing our progress works in direct opposition to the natural law of growth.

Let us prayerfully meet the experiences of life in the realization that each day provides an opportunity to exercise our spiritual understanding. Let us be confident that our development is proceeding in divine order.

\* *For the Lord shall give thee understanding in all things.—II TIM. 2:7.*

WHEREVER I AM GOD IS.

“**I**F I TAKE the wings of the morning,  
And dwell in the uttermost parts of the  
sea;  
Even there shall thy hand lead me,  
And thy right hand shall hold me.”

You cannot be separated from the presence of God in mind, body, or spirit. Wherever you are God is. And where God is there is sustaining life, there is peace, there is the presence of all-good.

Sometimes you may feel separated from God, but He is always with you, a close, abiding presence. No matter whether you are on the heights or in the depths, His Spirit is with you still. In moments of great exaltation His Spirit gives your soul wings. In moments of grief or despair His Spirit holds you close and gives you strength, comfort, and renewal.

God is within you—not somewhere in the sky, not on some mountaintop, not in some hallowed shrine. He is within you, your very life and breath. His eternal Spirit will not leave you or forsake you. His hand leads you, His right hand holds you.

• *Whither shall I go from thy Spirit?*—PSALMS 139:7.

# Wednesday

## I RELAX AND LET GO.

I AM NOT afraid, for I know that I have the strength of God's Spirit to lean upon. I relax and let go.

I am not anxious, for I know that my good cannot be withheld from me, that the desires of my heart will be fulfilled. I relax and let go.

I am not tense or overeager for results, for I know that life is an unfolding process, that the answers to my prayers need not be forced or hurried. They will come. I relax and let go.

I am not discouraged, for I know that I do not lack any quality of mind or heart that I need for happiness and accomplishment. I relax and let go.

I am not lonely, for I know that I am God's beloved child, capable of nourishing other lives with love and happiness. I relax and let go.

I do not accept ill-health, for I know that the life of my body is God's own renewing, restoring life. I relax and let go.

I am not impatient, for I know that there is satisfying fulfillment for the longings of my soul. I relax and let go.

\* Rest in Jehovah, and wait patiently for him.—PSALMS 37:7.

# Unity's THREE STUDY PROGRAMS

Every year Unity students find new spiritual joy as they participate in Unity's three yearly study programs. Each of these programs follows a similar pattern in which one of the standard Unity books is used as a basis for study. In addition to the study of a particular Unity book, the programs include the daily reading of pertinent Bible passages and meditation upon Truth ideas gleaned from both these sources.

Perhaps the best known of Unity's programs is Lessons in Truth Week, which takes place during the third week in September and during which time students read and study Unity's textbook of basic Truth precepts, *Lessons in Truth*, by H. Emilie Cady. This program has gained wide recognition during the past few years.

Another of the Unity programs is the Unity Lenten Program, based on the book *Teach Us to Pray*, by Charles and Cora Fillmore, which takes place from the beginning of Lent until Easter. Unity's Lenten Program stresses consecration to God's work and will rather than penitence and self-denial. The Unity student during this period fasts from negativism and demonstrations of personal will while he contemplates the value of dedicating himself to constructive thinking and true Christian living.

The third of Unity's programs takes place during the summer months and is devoted to helping the student put Truth to practical and immediate use in his own life and affairs. The summer program is based on various Truth subjects such as health, illumination, and prosperity, and it is changed each year. In 1948 the program was based on the study of human relations, in connection with a series of articles then running in *Weekly Unity*. In 1949 the program took up the study of prosperity, using Charles Fillmore's book *Prosperity* as the textbook. This year the program will be based on self-improvement and is called the Self-Discovery Program. The textbook to be used is Imelda Shanklin's *What Are You?*

Readers of DAILY WORD are cordially invited to watch for the announcements of these various programs and to join with us in each of them as they begin.

*Mother's Day Is May 14*

**REMEMBER HER WITH THE UNITY BOOK**

*Letters of Myrtle Fillmore*

Surely there could not be a more acceptable gift for a Unity mother than the book written by Myrtle Fillmore (1845-1931), mother of Unity.

The book LETTERS OF MYRTLE FILLMORE is a compilation of many of her encouraging replies to persons who wrote to her for comfort and guidance. The letters that have been selected present Myrtle Fillmore's counsel upon various personal problems. Anyone reading the book is sure to feel that the messages in the letters are truly personal, so intimately do they meet everyday needs for inner assurance and security.

The book LETTERS OF MYRTLE FILLMORE makes an ideal Mother's Day gift either for your own mother or for someone else you like to remember on that special day.

Standard edition, \$1  
a copy



UNITY SCHOOL OF CHRISTIANITY  
Lee's Summit, Mo.

## **A PROVED WAY TO PROSPERITY**

Washington Irving once wrote: "Great minds have purposes, others have wishes. Little minds are tamed and subdued by misfortune; but great minds rise above it."

If you have been wishing for prosperity, begin now to do something purposeful about it by using the Unity Prosperity Bank plan—a proved way to prosperity! The Bank plan teaches you steadfastness of purpose, to look forward and not backward, and to carry out the command to love your neighbor by sharing your good with him. The Prosperity Bank drill requires seven weeks to complete, and during that period your mind is fixed on the prosperity you desire to demonstrate. Silent Unity prays with you while you save a small amount each day to pay for DAILY WORD subscriptions for friends or loved ones. If you have never tried the Prosperity Bank plan, it will be a revelation to you; if you have tried it, give it another trial, be faithful, and the results will be even greater than before!

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Unity School of Christianity, Lee's Summit, Mo.

Please send me a Prosperity Bank and ask Silent Unity to pray with me for a successful demonstration. I will use the drill seven weeks and save \$3 for the three DAILY WORD subscriptions (one year each) listed below:

1. Name \_\_\_\_\_  
Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_

Please indicate postal zone number, if cities are so divided.

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# *Announcing*

## UNITY'S SELF-DISCOVERY PROGRAM

When you discover the inherent, spiritual powers of your real self, when you fully realize what you are, you will not be sick, afraid, or in want of any of the blessings of life. You are God created, you are God sustained, God has given you everything that He is.

To help you and all other Unity students who wish to discover more about their true self, Unity has planned the Self-Discovery Program for the summer months. It is based on the book

### *"What Are You?"*

BY IMELDA OCTAVIA SHANKLIN

**WHAT ARE YOU?** can instruct you in discovering your real self. It can guide you as you pray, read, meditate, and put into practice the spiritual truths that are certain to be revealed to you with new emphasis and power as you participate in this summer study program.

### YOU CAN BEGIN YOUR SELF-DISCOVERY PROGRAM NOW

All you need to do is to order the book **WHAT ARE YOU?** and follow the instructions and helps you will find in the free auxiliary booklet that comes with every book ordered before August 1. **WHAT ARE YOU?** is priced at \$1 and may be purchased at your local Unity center or by writing direct to

UNITY SCHOOL OF CHRISTIANITY  
Lee's Summit, Mo.



## *The Time Is Now*

ELIZABETH LANDEWEER

My heart is like the green core of a tree;  
Enduring winter for a season, then  
Responding to an urge for victory,  
It draws deep on its secret stores again.

The new bud swells within the old dry sheath,  
The trunk drinks sap from joy's long-frozen wells,  
The root takes firm hold on the rock beneath,  
And love's warm smiling sky of blue impels

The hopeful branch to clothe itself anew.  
First timid petals burst along the bough,  
Then all the pent-up whorls of bloom break through  
In great white drifts—and oh, the time is now!

MAY 1950

